



11.09.2025

Summary

Join Pastor Jaime as he teaches on forgiveness and how it is not a feeling but a decision. Drawing from Ephesians 4:24-32, he explains how holding onto offense, anger, and hurt creates spiritual openings for the enemy and imprisons believers in bondage. Listen, learn, and "put on the new man." Address wrongs quickly, refuse to let the sun go down on your wrath, and choose freedom through forgiveness.

Top Points

1. **Agape love is the God-kind of love** - different from casual American usage of "love," it represents how God loves and expects believers to love one another
2. **Foundation matters** - The year's teaching focus has been on foundational truths (faith, Word of God, righteousness, agape love) that believers must build their lives upon
3. **"Putting on the new man" is an active decision** - Just as physically putting on a shirt is intentional, spiritual transformation requires daily, conscious choices
4. **Unforgiveness is spiritually deadly** - It kills relationships, time, and can even affect physical health; nothing good comes from unforgiveness
5. **Emotions aren't sin, but actions can be** - "Be ye angry and sin not" means having emotions is natural, but what you do with them determines whether you sin
6. **Don't let the sun go down on your wrath** - This is a 24-hour rule for dealing with conflict, especially

crucial in marriage; time allows hurt to fester and become entrenched

7. **Unforgiveness gives place to the devil** - Holding onto offense opens spiritual doors that allow the enemy access to your life and family
8. **The blood heals wounds** - Just as physical blood clots wounds and fights infection, Jesus' blood heals emotional wounds when we allow it rather than continually reopening them
9. **Rehearsing offenses reopens wounds** - Repeatedly talking about what someone did prevents healing and keeps the hurt fresh
10. **Forgiveness is for your freedom, not theirs** - Forgiving isn't giving the offender a free pass; it's freeing yourself from bondage to the hurt
11. **Forgiveness is a decision, not a feeling** - Like agape love, forgiveness is a choice you make regardless of emotions
12. **Spiritual doors must be locked** - As the priest of your home, you have a responsibility to protect your family spiritually by refusing unforgiveness
13. **Faith works by love** - Unforgiveness, the opposite of love, hinders faith and blocks God's ability to work

Best Quotations

1. "Nothing good comes out of unforgiveness. Nothing."
2. "What we do to that emotional wound is we ourselves pick at it and open it up again."
3. "Forgiveness is not so much for the other individual. It's for you. It's freedom."
4. "I cannot allow offense to stay...it opens the door for the enemy to come in and ultimately affect him [my child - our children]."
5. "The sins of the father follow them to how many generations? A lot. In other words, what you do today not only affects your children, but your grandchildren and your great-grandchildren."
6. "We are not going to bed if there's aught between us."
7. "Forgiveness is not an emotion. Forgiveness is a decision."